

THE VIRTUAL CELIAC SYMPTOMS STUDY: SYMPTOM AND GLUTEN-FREE DIET PERCEPTIONS AT BASELINE

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A US observational study of 338 adults with celiac disease on a gluten-free diet found that 58% reported symptoms in the past week and 11% required hospitalization or emergency care in the past year despite reported high adherence to the diet.

KEY POINTS

- Among 338 adult celiac disease patients on a gluten-free diet for at least 6 months, 58% reported celiac-related symptoms in the past week at baseline.
- The most commonly reported symptoms were bloating (83%), tiredness (81%), abdominal pain (77%), and diarrhea (71%), with 71% describing symptom intensity as moderate or severe.
- Despite 92% of participants reporting they never or rarely eat gluten (21% never, 71% rarely), 84% reported they were likely or extremely likely to experience symptoms after gluten exposure.
- Symptom patterns varied: 23% reported chronic ongoing symptoms without perceived gluten exposure, 37% reported symptoms only with or shortly after gluten exposure, and 36% reported chronic symptoms that worsen with gluten exposure.
- This prospective 12-week study recruited patients aged 12 years and older with confirmed celiac disease diagnoses via the Celiac Disease Foundation and assessed daily symptoms and gluten exposure using electronic patient-reported outcomes.

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